

A B S T R A C T

The method of recording audiovisual contents broadcast according to a schedule includes:

- 5 - a step of selecting from an access terminal an audiovisual content to be recorded, the content being associated with a broadcast date and time, and
- a step of the access terminal receiving a record file of the selected audiovisual content, said file
- 10 containing information identifying the audiovisual content and the scheduled date and time for broadcasting it.

The record file further includes the address of an update server for generating a request to update the

15 record file sent by the terminal to the update server.